

Health Promotion in Motion



Vaccinate for Life.

Adults need immunizations, too!

It started over 50 years ago, when parents lined up to vaccinate their children against smallpox and polio. As a result, the United States has not seen a case of polio or smallpox for many years. Today, parents bring their children to their health care provider to be immunized against 16 vaccine preventable diseases:

- Diphtheria
- Haemophilus influenzae type b (Hib disease - a major cause of bacterial meningitis)
- Human Papillomavirus (HPV) (causes cervical cancer and genital warts)
- Hepatitis A
- Hepatitis B
- Influenza (Flu)
- Measles
- Meningococcal (Meningitis)
- Mumps
- Pertussis (Whooping Cough)
- Pneumococcal (causes bacterial meningitis and blood infections)
- Polio
- Rotavirus
- Rubella (German Measles)
- Tetanus (Lockjaw)
- Varicella (Chickenpox)

These diseases may also become rare in time, but only if everyone continues to get immunized.

Vaccines for Adults

Adults should get immunized with the following vaccines to protect themselves and their loved ones. Getting vaccinated is the best way to prevent these diseases. Parents and grandparents, healthcare professionals, and childcare workers can offer protection for themselves and their children by getting immunized.

Influenza (The Flu)

Each year, influenza causes about 36,000 deaths in the U.S. Most of those deaths are among seniors. Flu season is November through May. Vaccinations are available throughout the fall and winter. Flu vaccine is available as a shot or as a mist inhaled through the nose.



Pneumonia

In the U.S., viral pneumonia causes 14,000 deaths each year. That makes pneumonia one of the most common causes of death in Americans from a disease that can be prevented with a vaccine. Adult over age 65 should discuss getting this vaccine with their health care provider.

Tetanus, Diphtheria (Td), and Pertussis (Tdap)

This one vaccine covers three diseases: tetanus, diphtheria, and pertussis.

- **Tetanus (Lockjaw)** is still a dangerous disease. Without immunity, older adults have only a 50% chance of surviving the disease. Without regular boosters, everyone is susceptible to tetanus.
- **Diphtheria** is rare in the U.S., but the disease still occurs in other parts of the world where people are not immunized. People infected with diphtheria can travel to the U.S. Or, Americans can travel to other countries and become infected. One out of 10 people who get diphtheria will die from it.
- **Pertussis (Whooping Cough)** is on the rise in the U.S. It is often seen in teens and adults – who could pass it to infants.

Everyone needs to be protected from tetanus and diphtheria – especially if they have not had a booster in 10 years or if they never had the 3-shot series. Adults 65 and younger should receive a one-time booster of tetanus, diphtheria, and pertussis (Tdap) instead of the regular Td booster.

Herpes Zoster (Shingles)

Shingles is caused by varicella virus that stays in the body for a long time without causing illness. Shingles causes pain that may last a year or longer. Shingles vaccine is available for adults 60 years and older. It is a one-time shot. You can only get Herpes Zoster vaccine if you had varicella (chickenpox).

Additional Vaccinations

Some vaccines may be recommended for people with certain chronic conditions, occupations, lifestyles, or travel requirements. Ask your health care provider if you need a vaccine for:

- Chickenpox (Varicella)
- Hepatitis B (Hep B)
- Hepatitis A (Hep A)
- Measles, Mumps and Rubella (MMR)



Where to Get Vaccinated

Adults should talk to their health care provider about their vaccine needs. All children in New Hampshire have access to childhood vaccines free of charge through their doctor's office or health clinic.

Maintain an Immunization Record

Immunization records are a key element in everyone's lifelong medical history. Keep a copy of your family's immunization records because:

1. Your health care provider might retire or close the practice.
2. You may move to a distant community or state.
3. Children need the information to enroll in school, camp, college, etc.
4. New Hampshire does not maintain a state immunization registry.

For more information about immunizations and the diseases they prevent go to:

<http://www.dhhs.state.nh.us/DHHS/IMMUNIZATION/default.htm>